

# **A single dose of goji berries does not affect postprandial energy expenditure and substrate oxidation in healthy, overweight men**

## **- Supplemental materials -**

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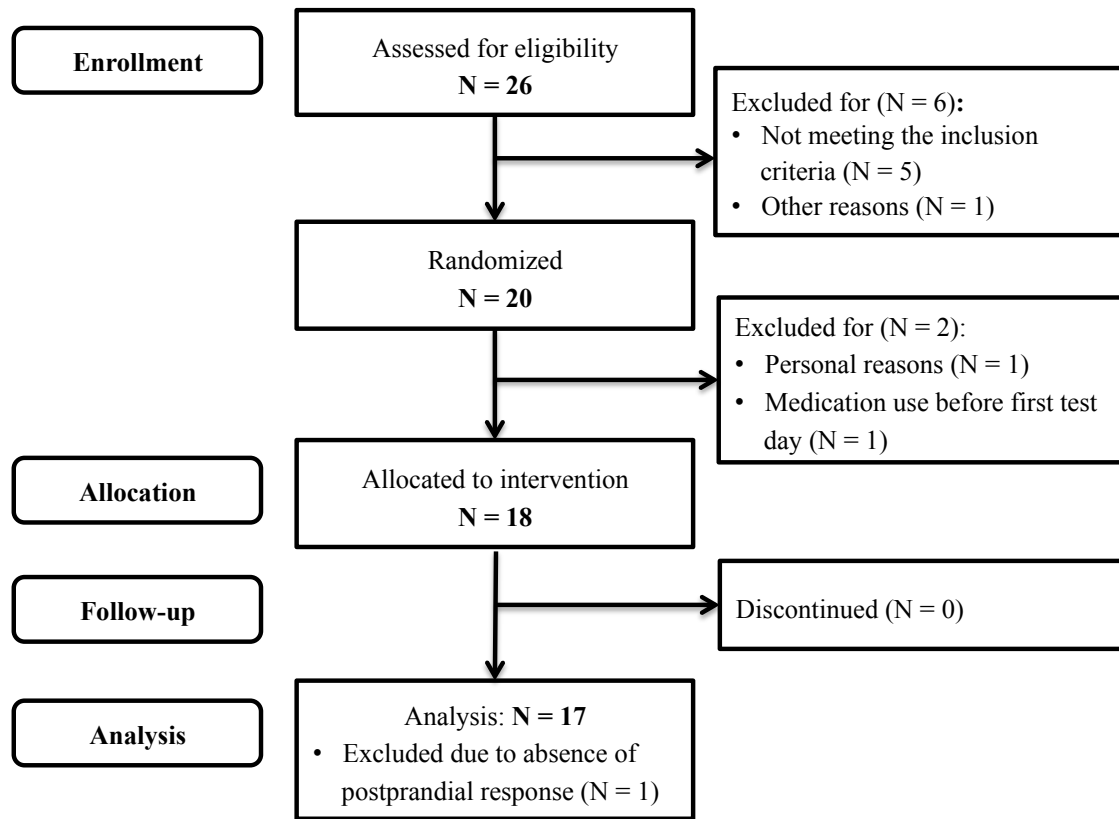
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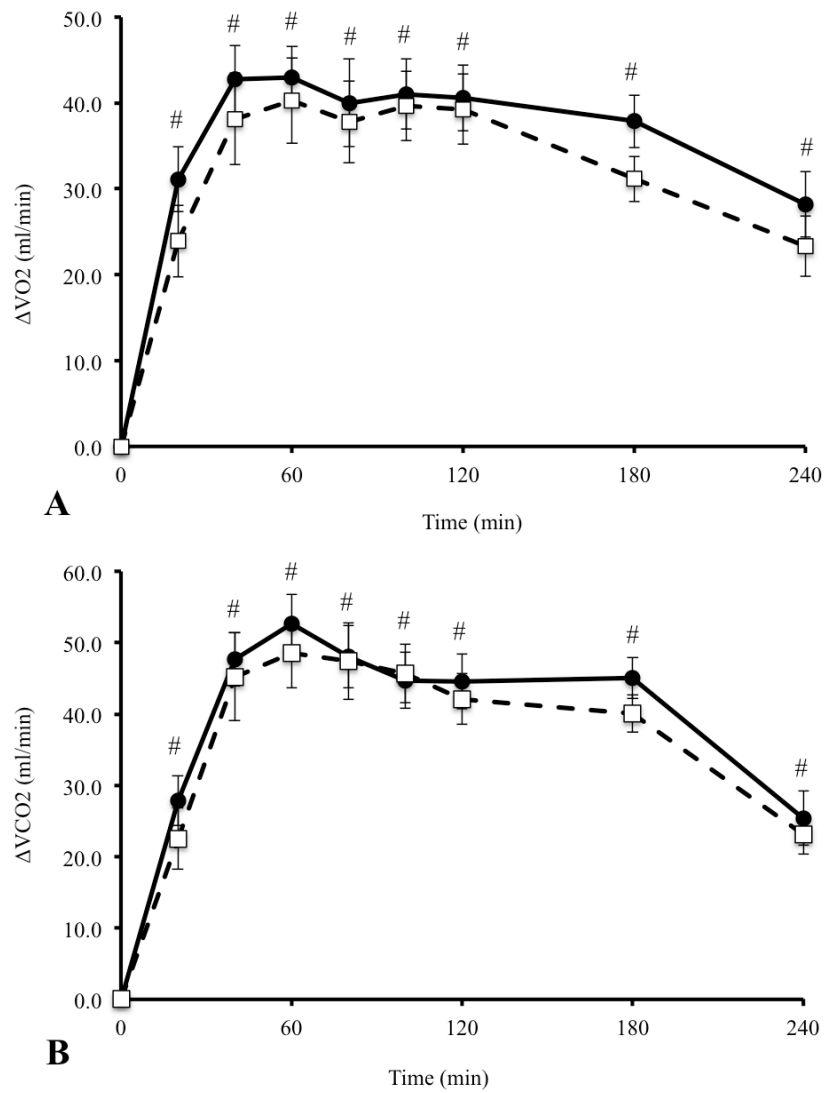
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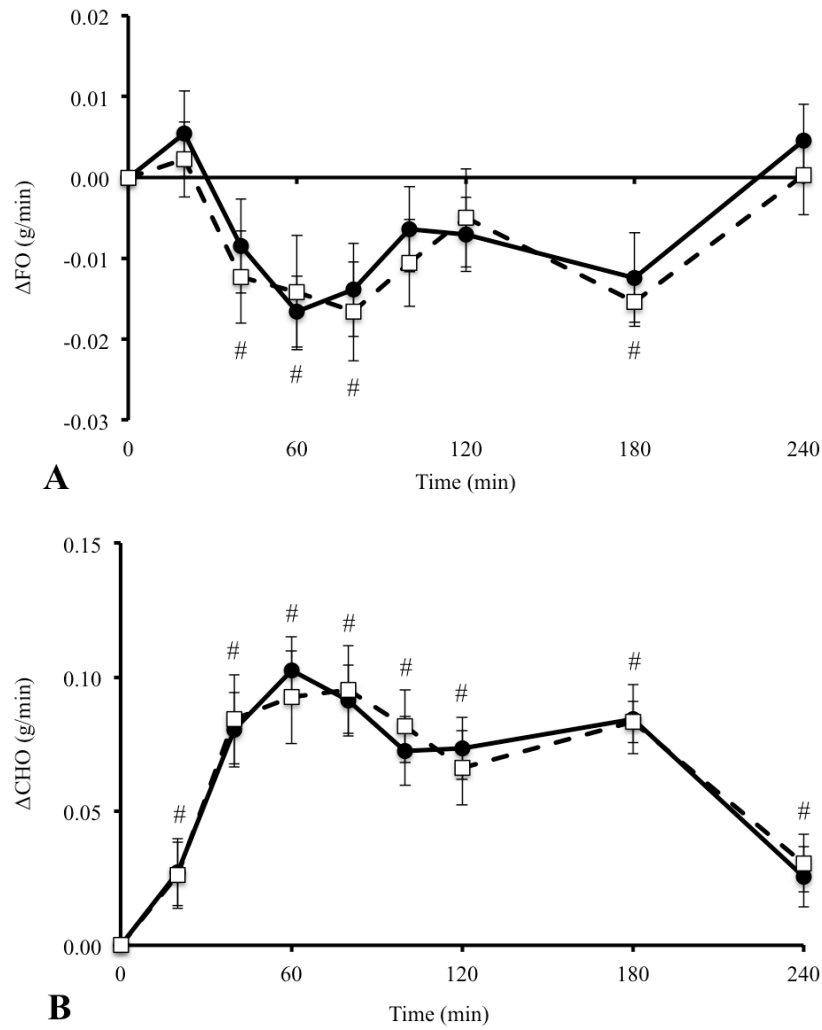
## SUPPLEMENTAL TABLES AND FIGURES



**Supplemental figure 1:** Flow chart of inclusion and exclusion of participants throughout this randomized, crossover study.



**Supplemental figure 2:** Mean changes ( $\pm$  SEM) in oxygen consumption ( $\text{VO}_2$ ; panel A) and carbon dioxide production ( $\text{VCO}_2$ ; panel B) following the *Lycium barbarum* meal ( $\square$ ) and the control meal ( $\bullet$ ) in 17 healthy overweight men. Data was analyzed using linear mixed models. Significant effects ( $P < 0.001$ , with Bonferroni correction) were found for factor time (#) compared to baseline.



**Supplemental figure 3:** Mean changes ( $\pm$  SEM) in fat oxidation (FO; panel A) and carbohydrate oxidation (CHO; panel B) following the *Lycium barbarum* meal ( $\square$ ) and the control meal ( $\bullet$ ) in 17 healthy overweight men. Data was analyzed using linear mixed models. Significant effects ( $P < 0.001$ , with Bonferroni correction) were found for factor time (#) compared to baseline.

**Supplemental table 1:** habitual dietary intake of the men who participated in the trial as determined by a validated food frequency questionnaire.<sup>1</sup>

Energy (kcal/day)	2544 (1773 – 4425)
Fat (energy %)	35.6 (26.7 – 41.1)
SFA	12.5 (8.7 – 14.0)
MUFA	12.2 (8.2 – 16.9)
PUFA	7.3 (4.9 – 10.4)
Protein (energy %)	16.2 (11.9 – 19.7)
Carbohydrates (energy %)	43.8 (28.1 – 50.1)
Alcohol (energy %)	3.2 (0.0 – 12.7)
Fiber (g/day)	31.4 (20.1 – 72.3)
Cholesterol (mg/day)	270 (123 – 435)

<sup>1</sup> Data is presented as medians with ranges

**Supplemental table 2:** iAUC/dAUC over 4 hours for, energy expenditure (EE), respiratory quotient (RQ), and concentrations of plasma glucose, serum free fatty acids (FFA) and serum triacylglycerol (TAG) after *Lycium barbarum* and control meal intake<sup>1</sup>

			<i>Lycium barbarum</i> meal	Control meal
EE	kJ per 240 min	iAUC	167 (90 – 269)	176 (126 – 298)
RQ	per 240 min	iAUC	10.6 (0.0 – 18.9)	8.9 (1.5 – 21.8)
Glucose	mmol /L per 240 min	iAUC	58.4 (6.1 – 225.4)	64.0 (3.5 – 290.3)
FFA	mol*10 <sup>3</sup> /L per 240 min	dAUC	26.9 (0.9 – 57.8)	16.8 (3.2 – 43.9)
TAG	mmol /L per 240 min	iAUC	108 (25 – 202)	101 (29 – 251)

<sup>1</sup> Data is presented as medians with ranges.